

# What is Hinge Health?

## How does the program work?

Hinge Health is an exercise therapy program designed to address chronic **back, knee, hip, neck, or shoulder pain**. It's convenient and fits your schedule – it can be done anywhere, at any time.

## What does the program include?

1. **Personalized exercise therapy** to improve strength and mobility in short, 15-minute sessions
2. **1-on-1 health coaching** to provide motivation and support via text, email, or call
3. **Interactive education** to teach you how to manage your specific condition, treatment options, and more

## What is a health coach?

A health coach is an accountability partner. They will work with you throughout the program to help you create and stick with your goals.

## How much does the program cost?

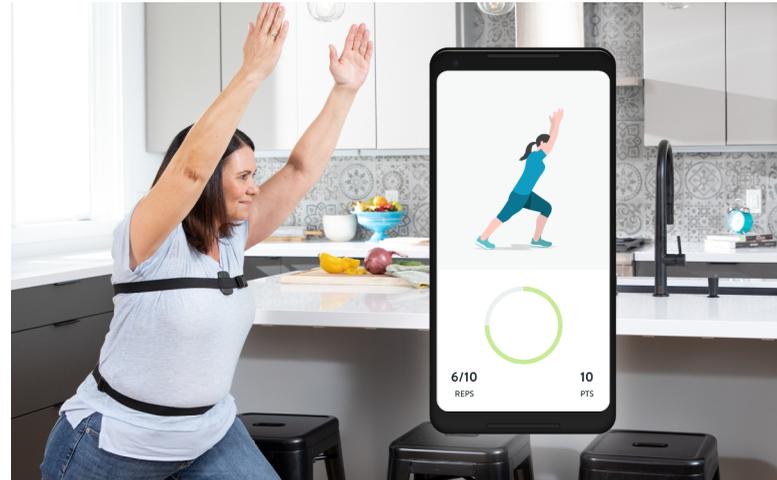
It's **free** for eligible participants. This includes the Hinge Health kit, which you can keep forever.

## Who is eligible?

Employees and dependents 18+ enrolled in an BCBSIL medical plan through Oswego CUSD 308 are eligible.

## How do I apply?

Take a short online questionnaire following the link below, telling us about your pain. No referral or diagnosis needed from a doctor.



## What results do participants see?

- 60% average pain reduction
- 2 out of 3 surgeries avoided



## What's inside the Hinge Health kit?

You'll receive wearable motion sensors that give you live feedback during exercises.

Enrollment opens on January 1, 2022! To learn more and join the waitlist, visit:

[HINGEHEALTH.COM/OSWEGO-OE](https://HINGEHEALTH.COM/OSWEGO-OE)

